



MARCH 2020

Smithsburg Activity Nutrition Site

Eleanor Vanhoozer, Site Specialist Telephone 301-824-2183

29 Blue Mountain Estates, Smithsburg, MD 21783

Open M-W-F 9:00 am to 1:00 pm

2 9:00 Coffee/Snacks 9:30 Exercise 10:00 Fill In the Missing Letters 10:30 Adult Coloring 11:30 Lunch 12:15 Making a "Green" Tree	3 Site Closed	4 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Kidney Health & Eating Right Overview" 10:00 Going Fishing in March 11:00 Name a Fish 11:30 Lunch 12:15 Tic-Tac-Toe	5 Site Closed	6 9:00 Coffee/Snacks 9:30 Health Ed: w/Nurse Kim Torsiello "Diabetes Catch & Learn" BP & O2 Screen 11:30 Lunch 12:15 Time to Spring Forward
9 9:00 Coffee/Snacks 9:30 Exercise 10:00 Finish the Phrases 11:00 Check Answers 11:30 Lunch 12:15 Checkers	10 Site Closed	11 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Kidney Health, Eating Right First Steps" 10:00 BINGO 11:00 What will you do to eat healthy? 11:30 Lunch 12:15 Share a Photo of Yourself	12 Site Closed	13 9:00 Coffee/Snacks 9:30 Exercise 10:00 S.A.L.T. Special Presentation: Environmental Disaster Safety 11:00 Knock Knock Jokes 11:30 Lunch 12:15 Sending a Card to a Neighbor
16 9:00 Coffee/Snacks 9:30 Thought for Today 10:00 St. Patrick's Day Fun Facts 10:30 Look What's Green! 11:30 Lunch 12:15 Enjoy Some Green Tea & Dessert	17 Site Closed	18 9:00 Coffee/Snacks 9:30 Nutrition Ed: "Kidney Health-Eating Right Next Steps" 10:00 BINGO 11:00 Tell Us About Your Projects at Home 11:30 Lunch 12:15 Card Game	19 Site Closed	20 9:00 Coffee/Snacks 9:30 Spring Begins - Are We Ready? 10:00 Planning a Healthy Spring Meal 11:00 Coffee Filter Flower 11:30 Lunch 12:15 Write a Spring Poem
23 9:00 Coffee/Snacks 9:30 Exercise 10:00 Movie Time with Snacks - Part I 11:00 Get Up & Move Around! 11:30 Lunch 12:15 Rummy	24 Site Closed	25 9:00 Coffee/Snacks 9:30 Exercise 10:00 Movie Time with Snacks - Part II 11:00 Something I Read in the Newspaper 11:30 Lunch 12:15 Music to Enjoy!	26 Site Closed	27 9:00 Coffee/Snacks 9:30 Exercise 10:00 Bowling 11:00 Recipe for Homemade Bread 11:30 Lunch 12:15 Birthday Celebration!
30 9:00 Coffee/Snacks 9:30 Exercise 10:00 Fun Time "Ball in the Box" 11:00 Share a Short Story 11:30 Lunch 12:15 Today in History	31 Site Closed	<p><u>CHECK OUT OUR MARCH ACTIVITIES!</u></p> <p>Invite your friends and neighbors to join us for: Free Diabetes Information with Nurse Kim T. Free Environmental Disaster Safety Information w/ S.A.L.T. St. Patrick's Day fun, games, bingo and more!</p>		

Washington County Commission on Aging, Inc./Area Agency on Aging



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